

Gold Medal Games

Welcome to the 2005-2006 **Gold Medal Games**! As a participant, we invite you and your team to join in a fun competition based on how much you exercise, eat your fruits and veggies and engage in healthy activities. This is a program for all exercise levels – whether you are a beginner or advanced, the program is geared to help you get moving. You will be competing for the Gold, Silver and Bronze Medal prizes. Prizes will be given out throughout the competition and at the end of the school year.

How to get started:

1. Faculty will be placed into teams of three.
2. Choose a team captain who will collect weekly points and distribute information to team members.
3. Follow the program by accumulating as many points as you can. You will get points for the number of minutes you exercise, when you eat your at least five serving of fruits and vegetables, drink water and attend wellness workshops at the school. You will be responsible to track your own points and report then to your team captain weekly.
4. This is a team effort, so each team member's weekly points will be accumulated for a weekly team total. At the end of the school year the teams with the most points will be awarded Gold, Silver and Bronze prizes. Even if you don't win a medal, you still are a champion by increasing your activity, which will help you beat and prevent chronic disease!

How Do I Earn Points?

1. **Exercise:** You earn one point for every minute that you participate in aerobic exercise or strength training activities. Some examples of activities:

Aerobic exercise

Walking
Biking
Jogging
Swimming
Aerobic dance

Strength Training Activities

weight lifting
yoga
pilates

2. **Fruit and Vegetable Consumption:** Everyday that you eat a combination of 5 servings of fruits and vegetables you will receive 20 points.

3. **Water Intake:** Everyday that you drink at least six 8-ounce cups of water you will receive 10 points.

You can earn a maximum of 100 points a day!!

Bonus Activities:

These will give you a chance to earn even more points throughout the program. Activities that count as bonus activities are listed below:

Wellness Workshop: Once a month a wellness workshop or health activity will be offered to the faculty.

1 wellness workshop/activity = 30 points.

New Activity: You can earn bonus points by participating in a new exercise or sport. For example - attend a different fitness class, swim laps, or learn another sport. Just try something new to help you advance your fitness level and make exercise more exciting.

1 new activity = 20 points

Team activity: Your team can earn bonus points by participating as a team in an exercise activity. (Must include every team member) Example: walking during lunch or after school.

1 team activity = 30 points



We will have monthly team winners and Grand Prize Winners in June.

We hope you are excited to start this program and to encourage each other to become healthier and more fit. GO TEAM!!!!